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Items of Interest:

April is Sexual Assault Awareness Month. April is observed as Sexual Assault Awareness Month (SAAM) as a way to raise awareness about and to promote prevention of sexual violence through special events and public education. SAAM creates an opportunity to highlight the new Department of Defense (DoD) and service-specific policies addressing sexual assault prevention and response. The theme for SAAM 2006 is *Sexual Assault Prevention...Begins With You*. New DoD policies addressing sexual assault prevention and response seek to establish a climate of confidence in which sexual assault and the attitudes that promote it are not tolerated, and victims of sexual assault receive the care and support that they need. For more information on SAAM, visit www.sapr.mil/HomePage.aspx?Topic=Home

Navy and Marine Corps Medical News

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Navy Medicine Promotes Sexual Assault Awareness

By Christine Mahoney, Bureau of Medicine and Surgery Public Affairs

WASHINGTON – Sexual assault is a crime that knows no boundaries. Men, women and children can be made victims at any time anywhere. Education and prevention are key in combating this crime.

"Navy Medicine, along with the Department of Defense (DoD) and in conjunction with April being Sexual Assault Awareness Month, wants to educate service members and their families on the crime of sexual assault," said Cmdr. Lisa McGowan, one of Navy Medicine's Sexual Assault Awareness Month Coordinators. "Many people do not

talk about sexual assault because they have the 'won't happen to me' mentality. Sexual assault is a crime that can happen to anyone at any time."

One of the tools Navy Medicine is utilizing to provide education on sexual assault is their Sexual Assault Prevention and Response Program. "Navy Medicine wants people to be educated on sexual assault before the crime happens. We want to debunk myths about this crime, provide information on how to prevent sexual assault, and provide additional resources of information," she said. "Also provided is information on receiving medical

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NORFOLK, Va. - Capt. Debra Ryken (left) and Hospital Corpsman 2nd Class Sonya Sample (right), both assigned to the Dental Department aboard the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), extract a tooth from an elderly patient during "Senior Saturday" at the American Red Cross Dental Clinic in Norfolk, Va. U.S. Navy photo by Journalist 2nd Class Stephen Murphy

First to Fight, First to Aid

By Cpl. Matt Lyman, 24th Marine Expeditionary Unit

ABOARD USS IWO JIMA -

Saving lives on the battlefield is a difficult job that Navy corpsmen have been doing with the highest level of proficiency for decades. Now they are getting some help by teaching Marines the skills to help keep each other in the fight.

Aboard the USS Iwo Jima, a select few 24th Marine Expeditionary Unit Marines were chosen to attend the Combat Lifesavers course on March 30. Over a span of three days, the Marines absorbed and practiced the most up-to-date emergency skills that might be the difference between life and death for one of their brothers on the battlefield.

The course takes all of the quick-response, first-aid training the individual Marine has received since boot camp and combat training and gives it a boost that brings the Marine to the next level of emergency-aid proficiency on the battlefield.

The course is being taught by Hospital Corpsman 3rd Class Clay Quisenberry, a attached to Battalion Landing Team 1st Battalion, 8th Marines. With the aid of a slideshow presentation and plenty of practical application exercises, Quisenberry will transform a roomful of Marines

into first responders.

"Basically this course is meant to teach them what to do to save a Marine's life for the first 5 to 10 minutes before secondary help can arrive," said Quisenberry. "We can save more lives by having more people with medical knowledge out there, rather than just having the one corpsman per 30 Marines."

The Marine Corps didn't like the 1 to 30 ratio, and thus was born the Combat Lifesaver Program. Because of the increase of medically trained people on the battlefield, corpsmen are seeing their loads lightened and the Corps is seeing more lives saved.

"The course gives them an on-the-spot field medicine overview, and it covers cardiovascular pulmonary resuscitation, field triage, and how to deal with situations that you would encounter on the battlefield," said Sgt. Michael Flanagan, Radio Reconnaissance Team Leader with 2nd Radio Battalion.

The 24th MEU is embarked aboard the vessels Iwo Jima, Whidbey Island and Nashville conducting its Expeditionary Strike Group Exercise in the coastal waters of North and South Carolina and Virginia. The exercise is meant to increase the ability of the Marines and Sailors to accomplish an array of possible missions when they deploy together later this spring.



ABOARD USS IWO JIMA - A hospital corpsman inserts a nasal tube into the nasal cavity of a Marine volunteer during the Combat Lifesaver Course March 30. *U.S. Marine Corps photo by Cpl. Matt Lyman*

Naval Hospital Medical Personnel Return from Kuwait

By Loren Barnes, Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, Fla.—Eleven deployed medical personnel from Naval Hospital (NH) Jacksonville's Fleet Hospital platform returned to Jacksonville on Friday morning, March 31. They flew into Jacksonville International Airport at 9 a.m. and were greeted by applause and hugs from family members, friends, co-workers and airport customers observing the returns.

This was the second and final wave of personnel serving with Expeditionary Medical Facility (EMF) Kuwait to return home. They had

been abroad for six months. The first wave of 18 personnel returned on Feb. 18.

"I'm glad to be home and it's great to be here," said by Hospital corpsman 2nd Class Dariamara Vasquez. That pretty much summed up the feelings of all these fine medical professionals. They had spent more than six months caring for U.S. Forces in including wounded troops from Iraq but were more than ready to be home with their loved ones.

Chief Hospital Corpsman Roel Gerardo said, "I can't wait to see my family. It was a long six months in Kuwait, but I really enjoyed it."

He and others said they were grateful for the opportunity to do something directly supportive of our troops and for the unique experiences the deployment gave them that they wouldn't get anywhere else. These included working alongside U.S. Army medical personnel.

NH Jacksonville is proud of the service these outstanding hospital corpsmen provided while delivering the best in Navy Medicine to our troops in this volatile area of the world. Their service proved once again that Naval Hospital Jacksonville and its Branch Health Clinic staffs stand ready to go anywhere, anytime when our nation calls.

Pensacola Naval Hospital CO Honored with 'Federal Health Care Executive Award for Excellence'

By Rod Duren, Naval Hospital
Pensacola Public Affairs

PENSACOLA, Fla. - The American Hospital Association (AHA) presented Capt. Matthew L. Nathan, commanding officer of Naval Hospital (NH) Pensacola, with its 2005 AHA Federal Health Care Executive Award for Excellence March 30 at a meeting in conjunction with the American College of Healthcare Executives' Congress in Chicago.

The Executive Excellence award was created by AHA's Governing Council of the Federal Hospitals Constituency Section to recognize a senior federal career health care executive who has provided distinguished service through singularly significant leadership or innovative

achievements contributing substantially to the mission of the federal health care system.

"This is a great award, and it may have my name on it, but I accept it on behalf of our awesome staff, from the docs, nurses and corpsmen to the civilians and Red Cross volunteers. Without them, I wouldn't be standing here," said Nathan.

"But the most important award we win daily is the trust and confidence of each person who seeks our help," he said.

Nathan, who reported to Pensacola July 7, 2004, is the 70th commanding officer of the Naval Hospital. Nine weeks later, he was leading the hospital's Command Information Bureau through one of the

worst hurricanes in U.S. history - Hurricane Ivan.

AHA pointed up Nathan's leadership abilities during pre- and post-hurricanes Ivan, Dennis and Katrina. The hospital, that has had more than 120 personnel deployed throughout the world, was still able to earn the distinction of the best Department of Defense community hospital in the U. S. for patient satisfaction.

"When you couple that with being the leader in patient satisfaction and being the most heavily deployed Navy Medicine command, it is a true testament to the passion, commitment, and mission focus of our staff," Nathan concluded.

Sexual Assault continued...

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treatment and counseling, and on the steps to take to report the crime."

If a service member becomes a victim of sexual assault, the victim should report to their nearest military medical treatment facility as soon as possible to receive medical care and counseling.

"Being made a victim of sexual assault is a very traumatic experience. Navy Medicine stresses the medical needs of the victim come first, this is why the Navy now offers restricted reporting," said McGowan. "Previously, when a

sexual assault victim came forward, restricted reporting was not an option. Law enforcement and the victim's command were notified immediately of the crime, this is unrestricted reporting. Many victims would not come forward because they did not want to deal with public acknowledgement that such a crime was committed against them."

She added, "By providing restricted reporting, when someone comes to a Navy hospital or medical clinic, their medical and counseling needs are met first. At this point, the victim does not have to speak to law enforcement and their com-

mand is not notified."

According to McGowan, victims have up to one year, from the date the service member receives medical treatment and forensic evidence is collected, to report the crime to law enforcement authorities. During that one year, any forensic evidence that is collected will be preserved and stored at the Navy Criminal Investigative Service (NCIS) Consolidated Evidence Facility in Norfolk, Va.

For more information on Navy Medicine's Sexual Assault Prevention and Response Program, visit navymedicine.med.navy.mil/SAPR/.

Naval Hospital Rota Receives "7 Habits Greatness Award"

By Cmdr. Kristin Atterbury, Naval Hospital Rota

ROTA, Spain - U.S. Naval Hospital Rota, Spain was awarded the 7 Habits Greatness Award at the 12th Annual International Franklin Covey symposium. The program for which the hospital was recognized is the 7 Habits for Highly Effective People Workshop, a 3-day training event where participants attend sessions geared towards learning the principles and concepts of the 7 Habits curriculum. Franklin Covey is considered a leader in effectiveness training, productivity tools, and assess-

ment services for organizations and individuals. The Franklin Covey Award for 7 Habits Greatness recognizes individuals and organizations that have moved The 7 Habits curriculum from a stand-alone event to a way of life within their organizations, schools, or communities.

In order to become the best military healthcare facility in the world, one of the goals of the hospital's command leadership has been to shift the culture toward an attitude of sincere and customer-focused service. They

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First Family Fitness Program Opens at Oceana

By Cathy Heimer, Naval Air Station
Oceana Public Affairs

VIRGINIA BEACH, Va. - A ribbon-cutting ceremony was held at Naval Air Station (NAS) Oceana April 3 to open the first Family Fitness Program in the Navy.

"We are very excited about this program," said David Rockinson, Mid-Atlantic Region Fitness and Sports Coordinator. He explained Oceana was selected because "most of the people who work here, live in the Virginia Beach area. After working hours, they don't want to drive very far to exercise and this is very convenient. Oceana is a large base and there's a lot of people who are interested in fitness."

Oceana and Kings Bay, Ga., are the two locations selected to test out the pilot program that uses new Life Fitness equipment designed to accommodate both children and parents. The pilot program is funded for a year.

"The reason we say 'Family Fitness Program,' is that the families must work out together," he added. "It's not some place where you're going to bring children and it's not some place for just the adults to work out but together everyone will be able to work out."

The theme of the program is "Freddy's Fitness Adventures," and it is geared to children, ages 9 and older, with their parents. Families

learn how to properly use the circuit-training equipment, and educational activities about nutrition are included in each of the hour-long workout sessions. The program is designed to present the information and offer fitness training in a fun, relaxed setting.

The program is located within a gated off area of the Physical Readiness Training Center. Along with the new equipment, new carpet and plants were added to give the area a comfortable and less intimidating feeling. The new equipment, a prototype for Life Strength, is one-third the size of normal exercise equipment, accommodates both adults and children, and is easy for anyone to change the settings.

Families can choose between two sessions offered Monday and Wednesday evenings or the sessions held Tuesday and Thursday nights. Additional family programs, such as the upcoming Easter Egg Hunt and Run, will be offered on Saturdays throughout each eight-week session.

Senior leadership strongly praised the new program.

"This is a great opportunity to bring you together with your families, in a facility like this with all new equipment. I hope you will tell your friends this is worth your time to come here with your kids," said Rear Adm. Rick Ruehe, Com-



NAVAL AIR STATION OCEANA - Naval Air Station (NAS) Oceana Commanding Officer, Capt. Patrick Ruehe, left, Commander, Navy Region Mid-Atlantic Rear Adm. Michael Collins, center left, Naval Support Activity Norfolk Commanding Officer, Capt. Michael Collins, center right, and Morale Welfare and Recreation (MWR) Mid-Atlantic Region Fitness and Sports Coordinator, David Rockinson, right, prepare to cut the ribbon to open the new family fitness program on board NAS Oceana. The children, who helped cut the ribbon are brand new members of the program. *U.S. Navy photo by Photographer's Mate 3rd Class Jason R. Zalasky*

mander, Navy Region Mid-Atlantic.

"This is an awesome program. This is cutting-edge technology," added Capt. Patrick Lorge, NAS Oceana Commanding Officer. "This is a fabulous opportunity to get fit. I have five children and we're coming here to do this."



ATLANTIC OCEAN - Hospital Corpsman 2nd Class Lawrence Osborne administers a tetanus shot to a Sailor during an immunization stand down aboard the Nimitz-class aircraft carrier USS George Washington (CVN 73). George Washington Carrier Strike Group is currently participating in Partnership of the Americas, a maritime training and readiness deployment of the U.S. Naval Forces with Caribbean and Latin American countries in support of the U.S. Southern Command (SOUTHCOM) objectives for enhanced maritime security. *U.S. Navy photo by Photographer's Mate Airman Apprentice Tanner Lange*

Naval Surgical Team Provides Emergency Care to Nigerian Family

From the 4th Medical Battalion, 4th MLG

TAHOUA, Niger - The team surgeon from one of 4th Medical Battalion's FRSS (Forward Resuscitation Surgical System) convoyed to a clinic near Tahoua, Niger to access the condition of a police officer who had been assaulted and sustained multiple stab wounds to the chest, abdomen, and back.

"When we got to the clinic, we found a man whose wounds were simply sutured, but did not receive treatment for his life threatening injury. The patient had received no pain medication from the time of injury through his surgery at the local clinic. The patient's first narcotic was morphine for transport to the FRSS site," said Capt. Todd Morris, team surgeon.

Morris, with Marines from 2/24, transported the patient to the FRSS surgical center. There, they admin-

istered general anesthesia and cleaned and explored the wounds. The team discovered a thoracoabdominal wound that would have resulted in death.

Marines conducted live fire exercises with Nigerian forces during Shared Accord 06. In the event of a major mishap, medevac would have been a day away to Europe. Local medical facilities were inadequate for emergency medical care. The FRSS was there to provide level II care and stabilize a patient until medevac was available.

The FRSS team of 16 reserve and active duty (MAP) sailors were supporting Marine Forces Europe on Exercise Shared Accord '06 in Niger. The mission of the FRSS was to provide major operative intervention in the world's 2nd poorest country in the event a U.S. servicemen needed emergency care.

The FRSS team set up an expe-

ditionary surgical center with 645 & 646 AMALs and an Enroute Care (ERC) AMAL. The team consisted of two surgeons, an anesthesiologist, two nurses, two operating room technicians, and hospitalmen to round out the team.

The Nigerian police officer recovered four days under the care of the FRSS team. By day four he was well enough to eat a regular diet of MREs.

The police officer was returned to the care of the local clinic. Before leaving the patient, the FRSS team provided the clinic with medications and training to assist with further postoperative care.

The ability of the FRSS to treat a casualty and perform life saving surgery demonstrates the team's capability to conduct emergency surgery in inhospitable places of the world.

Rota continued...

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also have a goal of trying to reduce the level of stress for personnel and their families, creating a more balanced personal and professional life.

To establish the behaviors and skills necessary for staff members to enhance the quality of servitude, the hospital implemented The 7

Habits of Highly Effective People program initially training 100% of senior leadership. The hospital then offered the training to all personnel, as well as to Red Cross volunteers.

"Our past Commanding Officer, Capt. Betsy Niemyer, had facilitated The 7 Habits workshop earlier in her career, had a passion for the program and knew the benefits it could bring," said Cmdr. Carolyn Marquez, the Command 7 Habits program manager. "Together with other experienced facilitators, Commander Mike Stacy, Lola Rosado-Perez and Jose Manuel Granados, they facilitated the workshops and brought the program to life. "Our current Commanding Officer, Capt. Jonathan Cutting, continues to support the 7 Habits Program and has committed to expanding the program throughout the Navy European Regional Leadership".

Over the past two and a half years, the command's program

has trained over 200 people, invested in additional facilitators, and incorporated the program as a major element in the command's Strategic Planning Process. They facilitated the first-ever Navy European Region Senior Leadership 7 Habits workshop and influenced the growth of the 7 Habits workshop throughout the Navy's European regional commands.

The 7 Habits program has been recognized by staff members and their families for strengthening relationships within the command, families, and the community. This cultural shift that was initially desired by command leadership has been accelerated through the implementation of the 7 Habits program, despite the 30% turnover in personnel annually. The 7 Habits are now a common language, used extensively throughout the command's staff.



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